

## Dry Beans, Canned Beans, and Peanut Butter Choices for Food Packages V and VII


The FFRG Guidelines effective September 1, 2019 has been updated to include all pictures and the six (6) choices for food packages V and VII.

### Choices of Dry Beans, Canned Beans, and Peanut Butter for Food Package V and VII

Women who receive food package V or VII can choose any combination of two of the following items: 4 cans of beans, dry beans, or peanut butter.

Option #1	Option #2	Option #3	Option #4	Option #5	Option #6
					

The food description in MOWINS remains the same, as shown below.

	<b>R</b>	08/06/2019
		2 - DOZEN EGGS LARGE, WHITE
		2 - POUND 16 OZ CHEESE - STORE BRAND
		36 - OUNCES CEREAL APPROVED TYPES/SIZES
		1 - 16 Oz Approved Bread, Tortillas, Brown Rice or Wheat Pasta
		2 - 16-18 OZ PEANUT BUTTER OR 1 LB DRY OR 4-16 OZ CAN BEANS
		1100 - FOR FRESH/FROZEN FRUITS AND/OR VEGETABLES
		20 - QUARTS MILK: SKIM THRU 1% (WHITE)
		6 - 5 Oz Cans Salmon, Pink, Water-Pack Only
		3 - 11.5 - 12.0 OZ FROZEN JUICE APPROVED TYPES
		1 - 32 OZ YOGURT APPROVED BRAND/VARIETIES ONLY